



**RESOURCE CENTER FOR HEALTH & WELL-BEING** 

# Create a healthy culture with on-site fitness centers

### **IMPROVING EMPLOYEE HEALTH AND PRODUCTIVITY**

begins with building a strong culture of health at work. Employers who are committed to creating a work environment that supports good, daily health decisions often consider on-site fitness centers — and for good reason. According to the Optum™ annual Wellness in the Workplace Study, large employers with fitness centers, versus those without one, are:

# EMPLOYERS WITH A FITNESS CENTER ARE

23%

more likely to report that it is important to create a culture of health ownership.



More likely to report that they have achieved a culture of health ownership



More likely to report that their employees take responsibility for their overall health



More likely to report high levels of employee satisfaction at work

# Employers with a fitness center:

Dedicate resources to support their overall wellness strategy



Believe in rewarding healthy behaviors



Know the physical work environment plays a critical role in making behavior change a reality



Embrace emerging technology to complement existing wellness strategies







## **Employers with a fitness center:**

Dedicate resources to support their overall wellness strategy\*

Description:

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Description:

More likely to have a full-time staff member DEDICATED TO WELLNESS

Know the work environment plays a critical role in supporting behavior change goals

83%

have made or are considering making changes to the physical WORK ENVIRONMENT TO SUPPORT DAILY HEALTH DECISIONS Believe in rewarding healthy behaviors

91%

offer WELLNESS program INCENTIVES

Use emerging technology to support their wellness strategy\*



**68%** 

more likely to use mobile health apps

### The bottom line

Employers with a fitness center are highly committed to building a culture of health at work. They understand the incremental impact that having an on-site wellness presence can have on helping them achieve their organizational well-being goals.



\*Compared large employers with an on-site fitness center vs. those without one

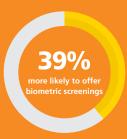
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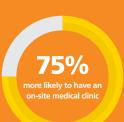
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## A commitment to health

Employers with a fitness center are\*:







#### Contact us:

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